

THE SOLUTIONS GROUP

Wellness Quick Read

Reduce & Reuse

Between 1960 and 2008 the amount of waste each person creates has almost doubled from 2.7 to 4.5 pounds per day. The most effective way to stop this trend is by preventing waste in the first place.

[More Details](#)

April 2010



How Hobbies Help Your Health

What better way to stay busy than by doing something you love? That hobby you've been toying with could be your prescription for a healthier, more satisfying life.

[More Details](#)

Newsletter Spotlight

Library Week

April 11—17th

Earth Day

Thursday, April 22nd

Fitness Trends for 2010



In 2010 the watchword of the year? Budget - as in, we want to stay within one. The American Council on Exercise (ACE) announced the top fitness trends for 2010 and they include more budget-conscious exercise as well as a focus on fun and technology to keep us fit. Find out more about the fitness trends for 2010.

[More Details](#)

*Questions or comments? Email us at wellness@solutionsbiz.com
or call 505-254-3555.*